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METRO ASKS THE LIBERAL LEADER ABOUT THE GAS-PLANT SCANDAL, TRANSIT SUPPORT, AND THE CONSERVATIVES' PROPOSED CUTS PAGE 10

Prom killing casts pall

Classmates of Brandon Volpi pull together to remember their friend PAGE 3

Shoes, strikes and strikers

We've got new footwear and a subway strike that threatens the FIFA World Cup PAGE 13

GUTS AND GLORY

Nathan Lewandowski, 11, shows off his 911 Achievement Award Monday at city hall. He was one of 11 children honoured for their brave and cool wits when dealing with emergency situations. Story, page 4. TREVOR GREENWAY/METRO

Hudak says he's on board with LRT funding

Phase 2. But only after the provincial budget is balanced, cautions the Conservative leader

After an apparent flip-flop on Ottawa transit funding, PC Leader Tim Hudak came out 100 per cent behind an LRT line in Ottawa — if that is what the city wants.

Last week, speaking to local media, Hudak had given the thumbs down to the second phase of light rail transit funding, saying the province couldn't afford it.

Some feared he was short changing Ottawa in favour of Toronto subways.

But he told a small crowd of vocal supporters in the Orleans strip-mall campaign office of Tory candidate Andrew Lister that nothing could be further than the truth.

"Phase 2 of the LRT, roads, bridges, whatever it is going to take to help break gridlock in Ottawa ... that is what we are going to do," he said.

Ottawa will get its "fair share" of transit funding, he said, adding that he told Mayor Jim Watson a month and a half ago that he was supportive of the LRT.

"Our position has been consistent.... Look, I didn't discover a bag of money on the flight here to Ottawa. I can't make commitments until we balance the budget and make sure we grow the economy. But we will invest in transportation and infrastructure here, we'll talk what we will do immediately and then when we balance the budget, we'll make sure Ottawa gets its fair share be it LRT, roads or bridges."

He promised to upload Highway 174 to make it a provincial responsibility.

"We have seen the Liberals take Ottawa voters for granted for far, far too long," he said.

Ottawa knows the Liberals under Kathleen Wynne want to increase gas taxes in this city to pay for Toronto subways. "That is not going to work," he said.

Hudak also reiterated he'll quit in two years if he does not balance the budget. That means wiping out a $12.5-billion deficit.

Hudak said at the leaders' debate on June 3 that he would resign if he didn't achieve his plan to create one million jobs in Ontario — the key pillar of his platform. TORSTAR NEWS SERVICE

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St. Patrick High School

Ottawa students mourn teen killed at post-prom party

Brandon Volpi
CONTRIBUTED

The last week of classes at St. Patrick High School is being overshadowed by the loss of Grade 12 student Brandon Volpi, who was stabbed to death at a post-prom party at an Ottawa hotel Saturday morning.

The 18-year-old was fatally stabbed during a brawl outside the Les Suites hotel before 3 a.m. On Monday, his school read a morning prayer as grief counsellors made themselves available.

Ottawa Catholic School Board spokesperson Mardi de Kemp said students are supporting each other in the grieving process.

"There are several places in the school where students can gather and sign a memory book. Our chapel is open with a full-time chaplain who's here all the time who knows all the students," said de Kemp.

Meanwhile, investigators with Ottawa police's major crime unit continue to question witnesses as they hunt for a suspect.

In a Facebook post, Volpi's father, Danny Volpi, thanked his son's friends and classmates who gathered at the Simon Bolivar statue outside the hotel Sunday for a vigil.

"Our prayers are with you son. We all love you and we will never forget what a hero you are to us all. Son your (sic) my hero. Love you," he wrote.

JOE LOFARO/METRO

Stylists to take a haircut from College of Trades fees, Tories say ahead of election

Lisa MacLeod is promising to take a pair of scissors to her hairdresser's taxes.

On Monday the PC candidate for Nepean-Carleton told a group of First Choice Haircutters stylists that her party would abolish the regulatory body that oversees trades.

She said the Ontario College of Trades is "a bureaucratic nightmare for trades people and hairstylists across this province."

The college ensures skilled trades people are qualified and sets up apprenticeship programs for its members. It represents 157 trades, but only 22 — which represent 150,000 workers — are "compulsory" or require a certification, like auto mechanics and electricians.

According to MacLeod, more than 40 organizations are now opposing the college.

Hairstylists initially paid $60 every three years, but now have to pay $120, plus tax, to the college annually.

Rachel Dupuis, the supervisor for First Choice salon in Nepean, said some hairstylists struggle with fees because their pay starts at minimum wage.

"Tips help, but it's hard to even live on what we do," she said. LUCY SCHOLEY/METRO WITH FILES FROM TORSTAR NEWS SERVICE

Nepean-Carleton MPP Lisa MacLeod, left, and fellow Tory MPP Garfield Dunlop, right. LUCY SCHOLEY/METRO

Kellylee Evans ready to soar at Canada Day gig

'It's the craziest feeling ever.' After recovery from lighting strike, singer can't wait to celebrate nation's birthday in song

TREVOR GREENWAY
trevor.greenway@metronews.ca

By sundown on Canada Day, Kellylee Evans will have checked off three important items on her bucket list.

She's already played her first Christmas concert and this summer she will step onto the National Arts Centre Stage and play her first Canada Day show — and she will do it with the NAC's orchestra at her back — another first.

The 39-year-old Ottawa jazz singer has played with an orchestra, but never a full show, doing her own music.

"Have you ever been on stage with an orchestra? I am getting chills just thinking about it," said Evans, listening to the wail of the orchestra rehearsing at the NAC Monday.

"When the strings start to swell and you hear the horns and you feel everything pick up behind you, you feel like you are flying, you really do. It's the craziest feeling ever."

She admitted that getting struck by lightning was quite a crazy feeling as well, and although she has recovered from the accident last summer, she still has lingering damage similar to post-concussion syndrome.

The NAC's Canada Day bash on July 1 features 72 local and over 250 visiting choristers opening the day with the annual Unisong at 10 a.m. There will be a barbecue and lunch buffet, kids games and beer gardens before Ottawa band The PepTides perform at noon.

Evans and the NAC orchestra take over the helm at 7:30 p.m. Tickets are free, but space is limited.

Jazz singer Kellylee Evans is set to play her first Canada Day gig with the NAC orchestra on July 1. TREVOR GREENWAY/METRO

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Brave youngsters honoured for quick thinking in emergencies

911 Achievement Awards. 'I guess I just went with my instincts,' says 11-year-old honoree

TREVOR GREENWAY
trevor.greenway@metronews.ca

A group of kids pose with politicians and emergency officials at the Ottawa Children's 911 Achievement Awards Monday. TREVOR GREENWAY/METRO

Nathan Lewandowski never imagined he would save his older cousin's life.

The 11-year-old Ottawa boy's quick thinking got paramedics to his door fast, as his 14-year-old cousin was choking on a chunk of watermelon.

"While my cousin was eating it, he started to choke on it. When we came upstairs, my mom started giving him the Heimlich," said Lewandowski, who was one of 11 children honoured Monday at city hall for the 911 Children's Achievement Awards. The young boy kept calm and dialled 911, and paramedics responded within minutes to help the teenager.

En route to hospital, Lewandowski became a translator, relaying information from his Polish cousin to medics in the ambulance.

"I guess I just went with my instincts and I just thought about what was best. I asked him if he was all right, if he could breathe," he said. "I was just going through my head, 'Everything is going to be okay,' over and over and eventually it did become okay.'

Sandy Meas also played the role of a translator when her baby sister began choking on formula. The 11-year-old knew that paramedics needed clear information over the phone.

"My baby sister was choking and then my mom called 911, but she doesn't really speak that much English, so I was talking," said Meas. "I just kind of thought that if I could get through to them clearly, it would help my sister and if I was worrying too much, it would be hard for them to understand and it would take longer for them to come and help her."

The city has been honouring brave kids under 12 since 1998 for remaining calm in intense situations. The other award winners included Shadia Bahati, Kate Chacksfield, Maddox Baker, Francis Demers, Temnit Meshesha, Shabir Ahmad Safa, Meagan Noel, Mursal Popal and Sevren Pyne.

Bixi replacement won't roll in until August

The U.S. company replacing Ottawa's Capital Bixi bike-sharing program will not launch its service here until at least "early August."

The firm says reinstalling the old Bixi stations in the meantime was considered, but deemed not viable.

"We decided that the process to do that and the costs involved in that and switching in the middle of the season would not be the right thing to do," said Josh Squire, CEO of Miami-based CycleHop, in an interview Monday.

The National Capital Commission sold Bixi operations to the company in April after the Montreal company that owned the Bixi network filed for bankruptcy protection earlier this year.

The replacement for Bixi, Cycle Hop, employs markedly different technology from its predecessor. CONTRIBUTED

CycleHop features

No "dock block" means customers can return a bike to any bike rack whenever a docking station is full.

- **The service is mobile, which means customers can find and reserve a bike using a smartphone.**

Squire said it would have been to difficult to get the Bixi system running temporarily and then remove the stations for the new rollout.

Instead, the company is focusing its efforts on doubling the number of bike-share stations, or hubs, in Ottawa from 25 to 50 and increasing the number of bikes from 250 to 500 over the next two months.

"Yes, we realize this is going to be a couple more months, but we think in the long term it's going to pay off big-time for everybody," said Squire.

The launch is time-consuming because the company says it needs custom-made stations from its provider, Social Bicycles, and permits from the City of Ottawa to plan where its stations will be located. Squire said he has his sights set on Carleton University as one of the potential bike-share hub locations.

All of CycleHops's bikes will have a lock, GPS, and an onboard screen.

The bicycles can be returned to any hub or standard bike rack. Staff will collect bikes dropped off at standard racks, but customers will get a credit if they drop them off at a designated CycleHop hub, Squire said.

The company is opening a customer service centre on July 1 at 112 Nelson St. where residents can borrow a conventional bike. JOE LOFARO/METRO

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Ontario election: Ottawa candidates weigh in

Metro sent out one question to candidates asking what the top issue in their respective riding was and, if elected, how they would plan to address that issue. We sent the question on May 14 with a May 25 deadline and told candidates to keep answers to a maximum of 100 words. These are the responses we received.

OTTAWA CENTRE: Rob Dekker (Progressive Conservative)

In Ottawa Centre, our focus will be on jobs and balancing the provincial budget, to create a strong local economy with new industry and business attracting skilled workers to Ottawa.

Bringing business into Ottawa will balance the area from being a government-only town, and diversify our local economy. We need to ensure students graduating with skilled-trades training will have the opportunity to practise the trade and learn from a certified tradesman.

Bringing the apprenticeship ratio to 1:1 will allow our locally trained students the chance (for an) apprenticeship in the Ottawa area and not leave home to receive their trade certification. Across the province this will provide 200,000 new jobs.

OTTAWA CENTRE: Kevin O'Donnell (Green Party)

A top issue in Ottawa Centre is traffic and speeding. As MPP I would address this by lowering the default speed limit on local streets to 30 km/h. Instead of residents begging city hall to lower limits one street at a time, safety would become the new normal on our street hockey rinks — er, local streets.

For arterial and collector roads that need higher limits, it would become the city's responsibility to install a few 50 km/h signs. This is already normal procedure for 60 km/h and 80 km/h roads anyway.

Let's make our local streets feel and be safer. Game on!

OTTAWA CENTRE: Yasir Naqvi (Liberal, incumbent)

I'm knocking on doors every day and keep hearing from neighbours concerned about the PC job cuts that will hurt the public services we all rely on. Ontario Liberals know building stronger communities means investing in our people, and we have a balanced plan to create jobs, invest in schools, increase public transit, clean up the Ottawa River and help those who help our loved ones — like ECEs and PSWs.

The PC approach will hurt our economy and our families. That's why Ontario Liberals are focused on protecting those jobs and those services to keep building a better Ottawa Centre.

OTTAWA CENTRE: Jennifer McKenzie (NDP)

The overriding concern I hear at the door is the health of the environment. Concerns for the environment have ripple effects across provincial policy.

The Ontario Municipal Board, for example, more than tripled the amount of developable farmland for Ottawa, from 230 hectares to 850 hectares, leading to more urban sprawl.

The NDP would invest in infrastructure to keep sewage out of the Ottawa River.

We would invest in better public transit and provide funding for bicycle networks. We would help families install solar panels and make energy-efficient retrofits.

Other candidates in the riding: Bruce A. Faulkner (Libertarian), Larry L. Wasslen (Communist).

NEPEAN-CARLETON: Lisa McLeod (Progressive Conservative)

The biggest issue in Nepean-Carleton is the cost of power. As the MPP for Nepean-Carleton and Ontario PC Energy Critic, I have advocated sensible trade arrangements of electricity with neighbouring jurisdictions, bringing more accountability to Hydro One, OPG and the OPA, and scrapping the Green Energy Act. This should save my residents up to $384 annually, compared to the Liberal plan that would drive up power bills by 42 per cent.

Other candidates in the riding: Coreen Corcoran (Libertarian), Ric Dagenais (NDP), Gordon Kubanek (Green), Jack Uppal (Liberal).

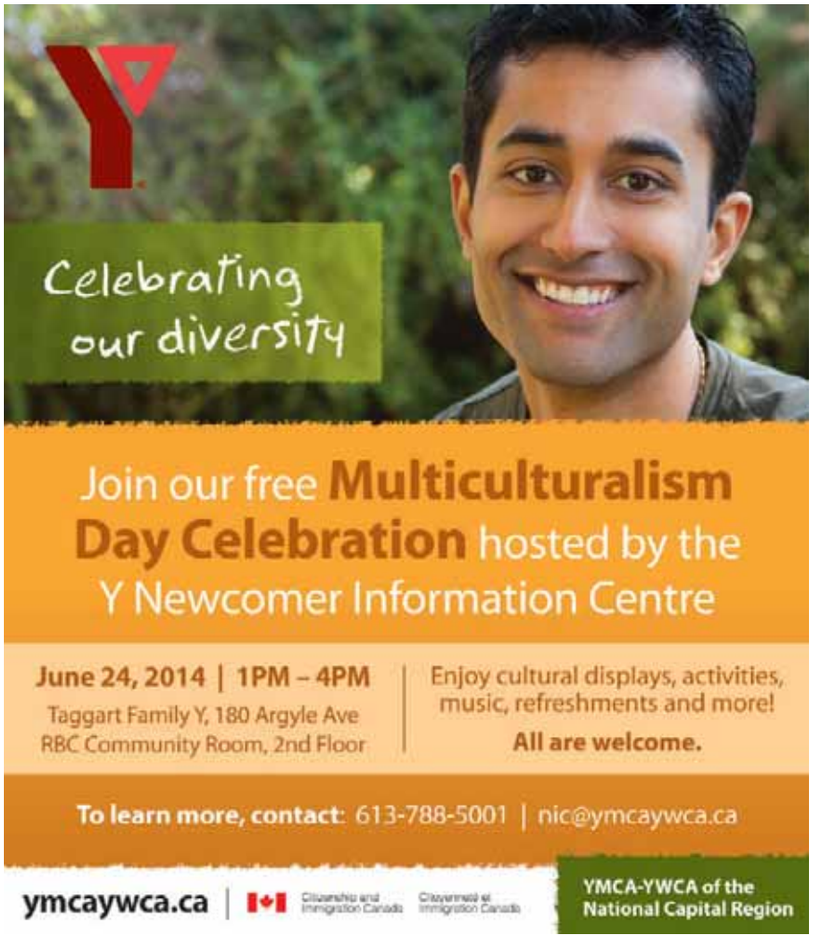
OTTAWA-ORLEANS: Bob Bell (Green Party)

The top issue in Ottawa-Orleans at the moment is transportation. Commute times by bus and by car are unreasonably long from Orleans to the city core. If elected I will work to secure additional provincial funding to extend the LRT to the east end, which will mean a more reliable and faster commute time for my constituents.

Other candidates in the riding: Gerry Bourdeau (Libertarian), Marie-France Lalonde (Liberal), Andrew Lister (PC), Prosper M'Bemba-Meka (NDP).

OTTAWA-VANIER: None of the candidates responded to our request.

Candidates in the riding: Dave Bagler (Green), Martin Forget (PC), Madeleine Meilleur (Liberal, incumbent) Hervé Ngamby (NDP), Phillip Richard (Libertarian).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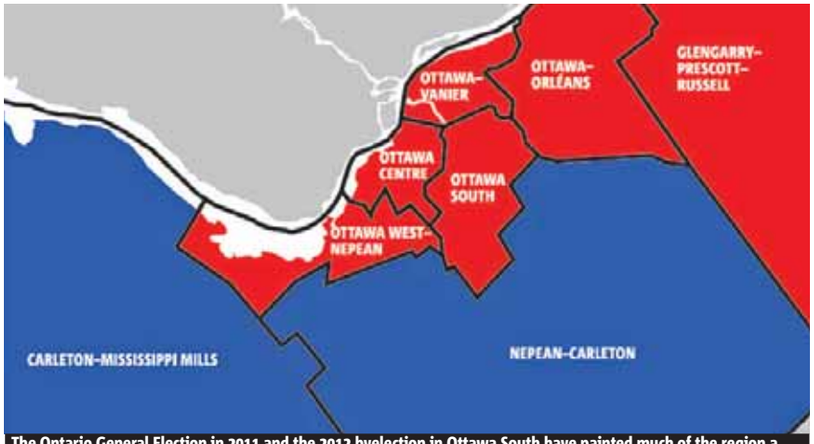

The Ontario General Election in 2011 and the 2012 byelection in Ottawa South have painted much of the region a Liberal Red, with only Carleton-Mississippi Mills and Nepean-Carleton sending PCs to Queen's Park. METRO

OTTAWA SOUTH: John Fraser (Liberal)

Making sure that the services families rely on are there when they need them: health care, strong schools, support for our seniors and vulnerable members of our community. Together we've worked hard to secure these vital services in Ottawa South.

I am committed to protecting these services and continuing to fight for the things that are important to our families while ensuring that we have a strong economic foundation from which to work from.

Our government will move forward with a fair, balanced and practical plan that continues to invest in the services that families count on.

OTTAWA SOUTH: Bronwyn Funiciello (NDP)

A key concern is protecting public services. We would ensure high-quality public services without sacrificing front-line public service workers.

Halting wasteful and inefficient public-private partnerships will support our health-care and education systems. We would fight to increase federal health-care transfers. We will hire more nurse practitioners, add 50 new 24-hour family health clinics, invest in not-for-profit home care for seniors and people with disabilities, and promote healthy living and physical activity programs.

We will establish a $60-million annual Open Schools Fund to prevent school closures. We will review the education funding formula to ensure kids get the support they need.

Other candidates in the riding: Jean-Serge Brisson (Libertarian), Matt Lakatos-Hayward (Green), Espoir Manirambona (Communist), John Redins (Party for People With Special Needs), Matt Young (PC).

OTTAWA WEST-NEPEAN: Alex Cullen (NDP)

The top issues in mind in Ottawa West-Nepean are the Liberal record of waste and scandal and the Tim Hudak promise to cut 100,000 public service jobs — that's one in six jobs in the municipal, hospital and school boards, as well as provincial. Only the NDP is offering a balanced, positive program.

But what I hear most at the door is rising hydro prices.

Hydro is a basic necessity and an NDP government under Andrea Horwath would eliminate the GST on residential hydro, reorganize the four Ontario Hydro agencies to eliminate waste and invest in infrastructure to access cheaper Quebec hydro.

OTTAWA WEST-NEPEAN: Bob Chiarelli (Liberal)

Seniors and families in Ottawa West-Nepean want to make sure they continue to have access to the health care they need, when and where they need it.

I have been proud to champion investments in our health-care system, including a major expansion at Queensway Carleton Hospital (QCH) and doubling the size of the Carlington Community Health Centre. At QCH we now have a second MRI, 10 new operating rooms, plus 149 more nurses and 56 more doctors. We need to build on these gains and continue to invest in at-home care so seniors can lead healthy and independent lives.

OTTAWA WEST-NEPEAN: Alex Hill (Green Party)

No child in our community should grow up in poverty, but sadly, around 400,000 kids in Ontario do. Doubling the Ontario Child Benefit can help struggling families pay their bills, afford rent and buy groceries. Getting rid of the subsidy for energy consumption immediately will fund this increase.

In the long term, Ontario needs a guaranteed annual income. This will provide families with security, stability and dignity by ensuring they can afford the necessities of life.

OTTAWA WEST-NEPEAN: Randall Denley (PC)

Ottawa West-Nepean has the highest proportion of seniors of any riding in the province. They are worried about their health care and their electricity bills. As the next MPP… I will be a champion for seniors.

The Ontario PCs will get power rates under control, not raise them 42 per cent, as the Liberals promise. We will also expand home care so that people can get help when they need it. We want people to stay healthy and in their own homes as long as possible. That's good for seniors, and good for the health-care budget.

Other candidates in the riding: Matthew Brooks (Libertarian)

Continued tomorrow

Pick up Wednesday's Metro for more from Andrew West (Carleton-Mississippi Mills) and Raymond St. Martin (Glengarry-Prescott-Russell).

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Decision Ontario

JESSICA SMITH CROSS
Metro in Toronto

CONTRIBUTED

KATHLEEN WYNNE:

As part of a series of Metro interviews with provincial leaders ahead of the June 12 election, we talked to Kathleen Wynne about the gas plant scandal, subway support and why she thinks the proposed cuts by the Progressive Conservatives would be dire for Ontario

'IF I HAD HAD ALL THE INFORMATION THEN ... I WOULDN'T HAVE SIGNED THAT DOCUMENT'

If Liberal Leader Kathleen Wynne's opponents have their way, the gas plant scandal — or Liberal scandals generally — will be the defining issue of the election.

Wynne spoke to Metro by phone Friday, as part of our series of one-on-one interviews with the provincial leaders.

The news that the OPP anti-rackets squad had served legislature staff with an order to produce documents related to the scandal, and that the OPP interviewed former premier Dalton McGuinty in April, had broken the night before.

"I knew, from the press, that (McGuinty) was going to be (interviewed), but I had no idea of the date, and I found out yesterday," Wynne said.

In last week's debate, Wynne was asked by her chief opponent — Progressive Conservative Leader Tim Hudak — why she didn't "just say no" to signing a document that was part of the gas plant scandal and which, in his words, "sold taxpayers up the river."

Her answer in the debate wasn't clear. So Metro gave her the chance to answer that question again. In response, Wynne emphasized that the decision to move the gas plants was one to which all three major parties had agreed.

"The full answer is that I was part of a government that was implementing this decision — that had been agreed on by all of the parties," Wynne said.

"It was basically the beginning of a process, of a negotiation, in order to make sure that those gas plants were relocated," she said. "If I had had all the information then that I have now, then I wouldn't have signed that document. But I didn't."

Her government's support for building a subway rather than an LRT in Scarborough has been compared, by some, to the gas plant scandal in that it was a costly decision to cancel agreed-to plans — a decision that may have political benefits for the Ontario Liberals in strategic ridings.

Metro's Matt Elliott raised concerns about the decision in a column, and Spacing magazine recently published the results of its investigation into the political machinations of the decision.

Wynne denied that the decision was politically motivated, despite the fact that the Liberal byelection candidate in Scarborough-Guildwood, Mitzie Hunter, campaigned as the subway champion, and won. Instead, she said it was made based on discussions with Toronto City Hall.

One of the components of the Liberal's transit and transportation funding plan is raising the tax on aviation fuel, which will likely make it more expensive to fly into and out of the province, if implemented. Wynne declined to answer the question on what impact that will have on the economy.

"I think, I really need to turn that question around," she said. "I think we have to ask, what is the toll on productivity in this region if we do not build transit? The toll on the whole range of communities across the GTHA is huge, it's billions of dollars a year that is lost in productivity and, beyond that, it's quality of life in terms of people's stress, in terms of people's ability to spend time with their families."

The $29 billion over 10 years budgeted for new transit and transportation infrastructure — $15 billion for transit in the GTHA and $14 billion for transportation in the rest of the province — is a key part of the Liberal platform.

Months before the election, Wynne consulted widely on what revenue tools would be best to raise the necessary funds — such as tolls, a tax on congestion or an increase in the gas tax or HST — and once predicted she would be campaigning on that politically difficult decision.

Instead, her government proposed a fiscal grab bag that includes borrowing, asset sales and redirecting other existing revenue streams.

When asked where the political will for a gas tax or HST increase had gone, Wynne said she recognized it "was not viable at this point."

"The broad swath of middle-class people are still struggling coming out of the economic downturn," she said.

Wynne's message to Metro readers wasn't about scandal, it was about whether Ontario should make the cuts proposed by the Progressive Conservatives, or not.

"We're at a very important junction. This election is a choice between a plan that is going to invest in and build up the region as well as the province and a plan that Tim Hudak's putting forward that would push back, in terms of economic recovery, that would push us back into recession. It's a very important decision that people are making."

Where the Liberals stand:

On ranked ballots and electoral reform:
"What we've said is we'd be open to municipalities looking at ranked ballots and we'll work with municipalities. There's only one municipality that has asked for that, and we're open to having that discussion, yes."

On affordable housing:
"We have, in our term, built 17,000 units of affordable housing; we did partner with the federal government and we have committed to continuing to partner with them for the next phase of building and renovating affordable housing ... I will continue to work with other provinces, quite frankly, to petition the federal government to continue to support, and go beyond that and put in place a national housing strategy. We are also committed to putting $42 million into the homelessness programs that municipalities administer and all of that is contained in our budget and our plan."

On guaranteed minimum income:
"The Ontario Child Benefit has lifted thousands of kids out of poverty and, in fact, one of the things that I'm worried about, in terms of our budget not being implemented, is that we were on track to put another $100 into the Ontario Child Benefit for families in need. So we will continue to work. It's absolutely why we have a poverty reduction strategy, it's why we are investing in homelessness, it's why we are moving ahead to increase. We want not just to increase the minimum wage, but index it to the CPI. Those are all initiatives we've taken to ensure that people have an adequate living wage."

Does she believe coalition governments are a legitimate part of parliamentary democracy in Ontario, and does she believe voters would want one?
"We've been very clear that the party that receives the most seats on June 12 is the party that has the right to try to form government. I'm not going to weigh in on hypotheticals about coalitions one way or another; we've been very clear what our position is."

On childcare:
"We are the government that has brought in full-day kindergarten and right now the childcare system is in a transition, and we'll continue to work with municipalities and with childcare providers to make sure that they can continue to offer service."

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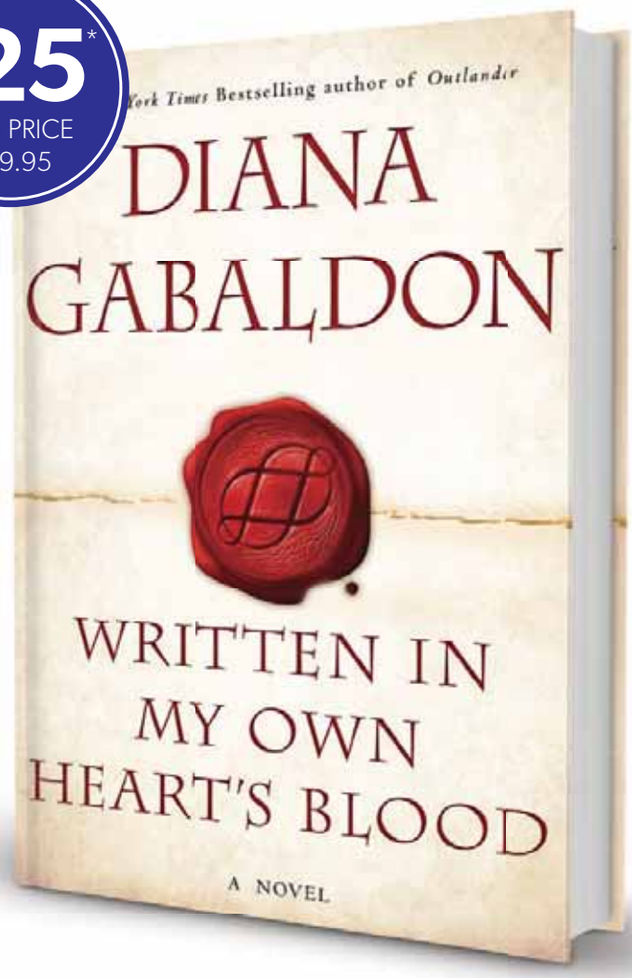

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Canada 'frank' on climate change, Harper says

Reducing emissions.
PM says he wants to deal with the problem without hurting the country's economy

Prime Minister Stephen Harper says there's not a country in the world that would take action on climate change at the expense of its own economy — no matter what it might say.

Canada wants to deal with climate change without crippling the economy, he said Monday at a news conference with Australian Prime Minister Tony Abbott.

"And, frankly, every single country in the world, this is their position," Harper said.

Prime Minister Stephen Harper meets Australian Prime Minister Tony Abbott in Ottawa on Monday.
ADRIAN WYLD/THE CANADIAN PRESS

"No country is going to undertake actions on climate change, no matter what they say ... that is going to deliberately destroy jobs and growth in their country," he added.

"We are just a little more frank about that, but that is the approach that every country is seeking."

Abbott, who is in Ottawa on an official visit, said every country should do what it thinks is best to deal with climate change. "We think that climate change is a significant problem. It's not the only or even the most important that the world faces, but it is a significant problem," he said.

"It's important that every country should take the action that it thinks is best to reduce emissions, because we should rest lightly on the planet."

Abbott added he is "encouraged" by regulations introduced in the United States last week to chop carbon emissions from U.S. power plants by 30 per cent by 2030.

THE CANADIAN PRESS

Slain Mounties grieved at public visitation

From left, the flag-draped caskets of Const. Dave Joseph Ross, 32, Const. Douglas James Larche, 40, and Const. Fabrice Georges Gevaudan, 45, sit in Wesleyan Celebration Centre in Moncton, N.B., Monday. Each casket is topped with a Mountie's brown Stetson. Thousands of police officers are expected to attend an RCMP regimental funeral service in Moncton Tuesday. The service will be televised. SEAN KILPATRICK/THE CANADIAN PRESS

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ALL EYES ON BRAZIL

Two more days until the 2014 FIFA World Cup starts. Metro has you covered with the latest.

Something new afoot

Shoe companies unveil new products

Nike, Adidas, Puma and other shoemakers are all trotting out new and innovative looks for this summer's World Cup. Shoe deals are part of the game for every star, and even some average players. Cristiano Ronaldo wears Nike. Lionel Messi wears Adidas. Puma and Mizuno have their own athletes. Here are five things to know about the boots on the ground in Brazil:

1 **What the heck?** Puma is pushing the envelope by putting its athletes in one pink shoe and one blue shoe. Apparently, this will make it easier to tell which foot that player is using to deliver the goals: Pink is right and blue is left. Look for Spain's Cesc Fabregas and Italy's Mario Balotelli in the boots.

2 **Shoes or socks?** Nike's statement for the World Cup is its new Magista and Mercurial soccer boots that use the company's fly-knit technology, which basically looks like cleats attached to a pair of socks. Cristiano Ronaldo is going to be wearing the Mercurial Superfly, a high-top version with a cool name.

3 **Adidas goes retro.** Adidas is offering the back-and-white Battle Pack collection of four different cleats. The only pop of colour is the trademark three stripes in neon orange. An exception was made for Messi, who gets the star treatment with his own design and a bit of added Argentina blue on his F50s.

4 **Golden boot.** The top goal scorer at the World Cup receives the Golden Boot award. But at least one player will already have his golden boots: Mizuno has designed special gold-and-black Wave Ignitus 3s for Keisuke Honda of Japan. It's only fitting for a player whose nickname is "Emperor Keisuke."

5 **Shine a light.** Ecuador goalkeeper Maximo Banguera will be wearing Lotto Solista boots that have a special skin that reflects light, which the Italian shoemaker claims causes the shoes to "glow" in direct sunshine or under bright lights. We'll let you be the judge. There are a number of YouTube videos demonstrating the effect.

Spain's Andres Iniesta is seen wearing his Nike Magista cleats during an exhibition soccer game. LIUS M. ALVAREZ/THE ASSOCIATED PRESS

World Cup fever is hot, so hit the beach to cool down!

People play with a soccer ball on Ipanema beach on Monday in Rio de Janeiro, Brazil. From souvenir hunting to autographs to trying some underwater kicks, revellers in Brazil have been preparing for the World Cup, which starts on Thursday and runs through July 13. Scan the photo with your Metro News app to see a photo gallery of the scene in Brazil. JOE RAEDLE/GETTY IMAGES

Transport chaos. Subway workers' strike threatens travel to World Cup games

Brazilian police and striking subway workers clashed Monday in a central Sao Paulo commuter station, with union officials threatening to maintain the work stoppage through the World Cup opening match here this week.

The threat came despite a Brazilian labour court ruling on Sunday the strike is illegal.

Authorities are deeply worried about the strike because the subway is the main means of transportation for World Cup fans who will attend Thursday's opening match when Brazil takes on Croatia.

The stadium is about 20 kilometres east of central Sao Paulo, where most tourists stay.

Earlier Monday, riot police firing tear gas forced about 100 striking workers out of the station as the strike threw Sao Paulo's normally congested traffic into chaos for a fifth day. About half of the city's subway stations were operating, but with greatly diminished service.

"This is the way they negotiate, with tear gas and repression," said Alexandre Roland, a union leader.

The standoff with the Sao Paulo transport workers is the latest unrest to hit Brazil in the run-up to the World Cup.

Teachers remain on strike in Rio de Janeiro and routinely rally and block streets. Police in several cities have gone on strike, but are back at work now. THE ASSOCIATED PRESS

Commuters wait to transfer to an open metro station during a tangled morning commute on Monday in Sao Paulo, Brazil. MARIO TAMA/GETTY IMAGES

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STAY WELL

easy ways to help you live well

These tips and tricks are already at your fingertips, easily within reach. Staying healthy has never been so easy!

1 Get the oral health-care supplies you want

Not every toothbrush is created equal. "Electric brushes remove two times the plaque compared to regular manual brushes," says Dr. Janet Tamo, who has practiced dentistry for more than 25 years. Visit the oral health-care section of your local grocery store to find models of Oral-B power brushes, the Crest Pro Health line, and other related products.

To ensure these products are right for you, read and follow the labels. Crest® Pro-Health Toothpaste fights cavities, plaque, tartar and gingivitis, and treats tooth sensitivity.

2 Treat your skin

A winter spent indoors can leave you with dry, scaly skin. Olay Regenerist Micro-Sculpting Cream reduces the appearance of lines and boosts hydration and brightness within 10 minutes of use.

3 The facts about daylight saving time

Turning the clock forward each spring can affect sleep patterns and lead to occasional sleeplessness. ZzzQuil contains diphenhydramine HCl, a compound that helps you fall asleep and sleep soundly so you wake refreshed.

To ensure this product is right for you, always read and follow the label.

4 Take care of your digestive tract

A daily dietary supplement such as Align Probiotic Supplement helps bring peace to your digestive system with healthy bacteria that helps provide ongoing relief of IBS symptoms such as abdominal discomfort, gas, and bloating.

To ensure this product is right for you, always read and follow the label.

5 Rid yourself of germs—easily

Crest Pro-Health Multi-Protection Rinse can rid your mouth of millions of germs and it's an effective way to fight gingivitis.

To ensure this product is right for you, always read and follow the label.

6 Stay comfortable

Always Infinity is a girl's best friend when she wants to feel fresh and dry during her period. You owe it to yourself to feel good all the time.

7 Boost your confidence

Whitening your teeth is one way of feeling more self-assured. Swing by the oral health-care section of your local grocery store and pick up Crest 3D White Whitestrips to get more confident about your appearance.

8 Increase your fibre intake

If you're not getting enough fibre from your veggies, try a fibre-rich drink. The fibre in Metamucil helps lower cholesterol levels* to promote heart health. Consider mixing a dose of Metamucil with water for a tasty drink—it'll add psyllium fibre to your diet.

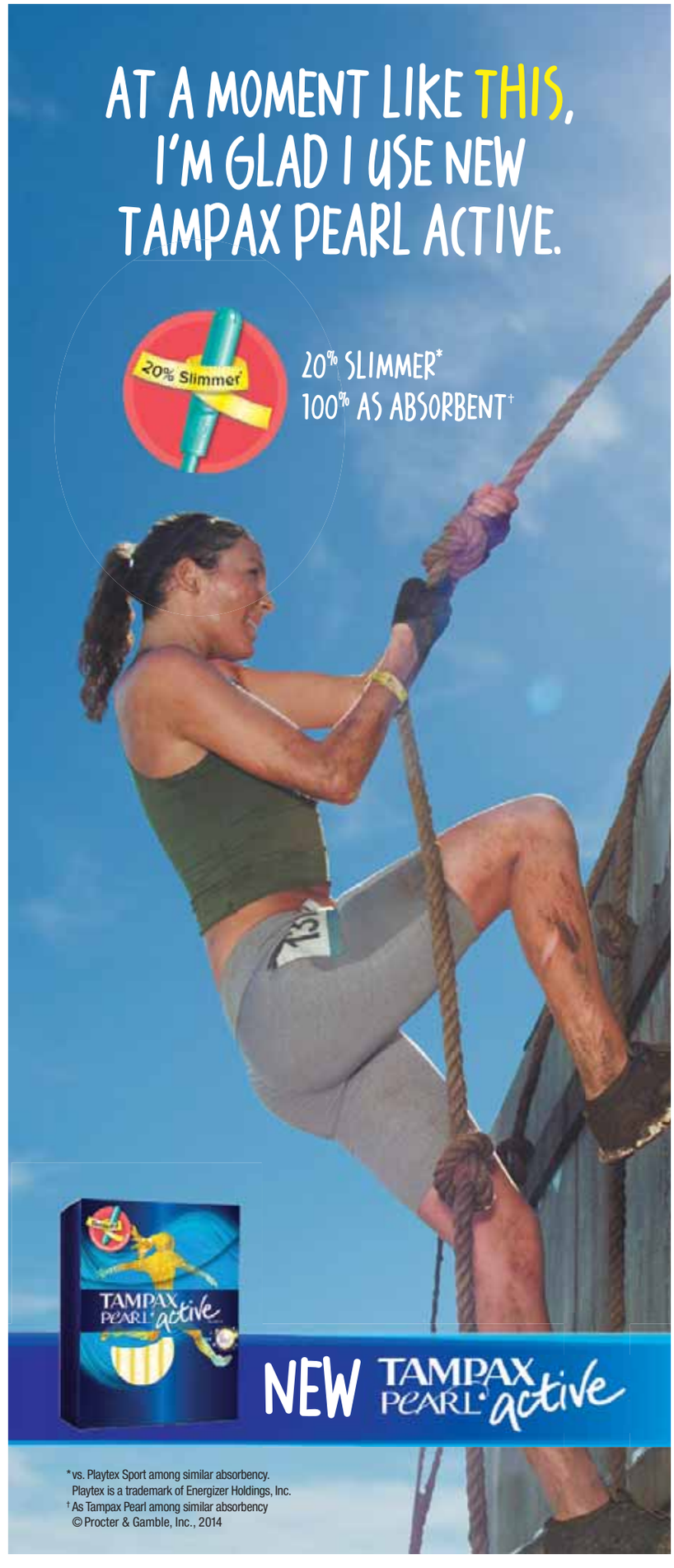
***Lowers mildly to moderately elevated cholesterol levels when taken with a low fat diet. To ensure this product is right for you, always read and follow the label.**

9 Get aerobic exercise

According to a study in the *American Journal of Preventive Medicine*, engaging in aerobic activity for two and a half hours every week (walking and cycling count!) can add an average of three years to your life. And remember, using Tampax Pearl Active will help you stick to your workout routine even when you're on your period.

GO ONLINE FOR MORE HELPFUL TIPS

Need more bright ideas to help you spring forward to a healthier you? Go to staywellmom.ca for tons of tips that are perfect for busy moms.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Get more than a post-workout glow with GOODcoins

Virtual currency. Get moving to earn rewards with this new program

SCOTT TAYLOR
Metro in London, Ont.

You've heard of bitcoins.

Well, now London, Ont., is digging into another form of virtual currency designed to get people walking the walking and pedaling the bike to a healthier lifestyle.

Those who do will be rewarded with GOODcoins, which can be used to buy a number of environment-friendly goods and services such as solar lights, compost bins, organic bedding, food and more.

It's easy to do.

Residents of the southwestern Ontario city can sign up online at London.GoodCoins.ca and download the app to any iPhone or Android — they're working on a BlackBerry version but aren't there yet. As long as your phone is with you, every step taken or pedal pushed will be recorded.

"This is a different kind of rewards program," said Jay Stanford, the city's director of environment, fleet and solid waste. "It's the new kid on the block, and it has a completely different vision."

The program is being offered through Zerofootprint Software, which has a mission to reward positive behaviour and healthy choices. GOODcoins, described as "evidence-based rewards currency," are being used in places from PEI to Vancouver. The company itself is based in New York and Toronto.

Zerofootprint CEO Dr. Ron Dembo said London is "the poster-child city for launching programs like this."

Coins can also be accumulated by reducing energy consumption, completing surveys and inviting friends to join.

Adding it up

15

GOODcoins can be accumulated by participating in one or more campaigns in London, Ont., including walking for 15 minutes a day for 15 days or pedalling for 300 minutes in a month.

From corsets to the Wonderbra

This image released by the Museum at the Fashion Institute of Technology (FIT) in New York shows a 1770s European silk corset. From the corset to a 2014 bra-and-panty set in stretch silk, the Museum at FIT has taken on lingerie and ladies' foundation garments as the focus of a new exhibit. In about 70 pieces, Exposed: A History of Lingerie touches on the mechanics, marketing and cultural touchstones that have not only shaped women, but also shaped culture worldwide. The exhibition runs through Nov. 15.

EILEEN COSTA/THE MUSEUM AT FIT/THE ASSOCIATED PRESS

Equifax

Demand for credit rising out West

Credit monitoring agency Equifax says demand for credit has increased for four consecutive quarters in Western Canada, while demand in the Eastern provinces continues to slow.

Equifax says first-quarter statistics show that consumers' overall debt, including mortgages, remains high at around $1.4 trillion, up from $1.33 trillion in the same period last year.

THE CANADIAN PRESS

198,324 starts

Home construction up 0.8% in May

Canadian home construction showed surprising strength in May, beating market expectations and continuing to defy expectations of a slowdown as the pace of housing starts hit a seven-month high.

The 0.8 per cent gain in May to a seasonally adjusted annual pace of 198,324 starts reported by Canada Mortgage and Housing Corp.

THE CANADIAN PRESS

Market Minute

DOLLAR 91.68¢ (+0.19¢)

TSX 14,871.21 (+32.31)

OIL $104.41 US (+$1.75)

GOLD $1,253.90 US (+$1.40)

Natural gas: $4.63 US (-$0.08)
Dow Jones: 16,943.10 (+18.82)

America. Toxic water ruling could block other homeowners from suing

The U.S. Supreme Court ruled Monday that a group of homeowners in North Carolina can't sue a company that contaminated their drinking water decades ago because a state deadline has lapsed, a decision that could prevent thousands of other property owners in similar cases from recovering damages after being exposed to toxic waste.

In a 7-2 decision, the justices said state law strictly bars any lawsuit brought more than 10 years after the contamination occurred — even if residents did not realize their water was polluted until years later.

The high court reversed a lower court ruling that said federal environmental laws should trump the state law and allow the lawsuit against electronics manufacturer CTS Corp. to proceed. THE ASSOCIATED PRESS

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RIGHT TO BARE ARMS NOT ABOUT GENDER

SHE SAYS

Jessica Napier
metronews.ca

As temperatures increase, so do the number of dress-code-related suspensions at schools across the country. About 30 students from Menihek High School in Labrador City, N.L., were sent home recently for wearing sleeveless shirts. One U.S. school even went so far as to digitally alter their yearbook photos — adding necklines and lengthening sleeves — in order to bring female students in line with its conservative dress code.

Angry teens and parents are speaking out against school administrations and their body-shaming clothing guidelines that demand young girls cover up so that their male schoolmates don't get "distracted" from their chemistry lesson. Personally I think we're kidding ourselves if we believe any teenage boy with Internet access would lose his mind over a bare collarbone or a visible bra strap.

Dress codes disproportionately affect female students; apparel designed for teenage girls is more revealing, and thus it's more likely to fall under a school's provisions about exposed midriffs and thighs. But if schools want to enforce mandatory clothing guidelines, they shouldn't do so in the name of oppressing sexuality and regulating male hormones. We need to take sex out of the equation and instead teach young girls AND boys about dressing appropriately.

Quebec student Lindsey Stocker is just one of many teenagers making headlines for violating her school's dress code. The Grade 11 student was suspended last month for wearing a pair of jean shorts that failed to pass the "fingertip" test. Stocker claims she was forced to stand up in front of her entire class with her arms by her side to determine whether her cut-offs were long enough to extend beyond her fingertips. They weren't.

Not only is this hemline examination embarrassing for students, it's also inherently flawed since it depends entirely on the individual's own body type. And let's face it — most of the shorts currently on sale at mainstream retailers aren't long enough to pass the fingertip test.

Adolescence is a confusing period of self-discovery and pushing boundaries. Pop culture and trendy fashion designers encourage young girls to show off their bodies while their parents and educational institutions are telling them to cover up.

School administrators need to have more tact when dealing with dress code violations rather than shaming offenders in the middle of a classroom full of their peers. Policing female bodies in order to preserve puritanical concerns of modesty is problematic. If schools insist on implementing rules on what not to wear, the rules shouldn't be about regulating sexuality; rather, dress codes should be designed to prepare students for life after graduation.

Young men and women should be encouraged to express their individuality, but they also need to understand the expectations of real-world employers. It's hardly a draconian measure to ask teens to reserve their beachwear for the weekends and cover up in the classroom. Especially when you consider some careers demand strict uniforms while most other jobs require a certain level of professional dress.

Sorry, kids, your future boss isn't going to care about your right to bare arms.

ZOOM

Willy Wonka would be proud

The Edible Mist Machines are available for hire. Inventor Charlie Harry Francis says: "It's interesting to see how clients are using them. We've had bookings for minty palate cleansers, double-flavour hits — strawberries and cream, bacon and chocolate — then clients who want to completely flavour-theme their event with multiple fun fair flavours like cotton candy, toffee apple and popcorn." COURTESY DAN REGAN/REX FEATURES

Charlie and the Edible Mist Machine

A British inventor has created a mist-ifying machine that allows you to inhale tastes including chocolate, apple pie, smoked bacon and even lobster.

The Edible Mist Machine produces delicious edible vapour in a range of more than 200 flavours. It is the brainchild of Charlie Harry Francis, founder of experimental food inventors Lick Me I'm Delicious. METRO

Glow-in-the-dark, Viagra, and other frozen treats

Francis's other claim to culinary fame has been experimental ice cream, including The Arousal, a dessert laced with Viagra designed to be man's ideal "pick-me-up."

In a recent Metro interview, Francis said: "Viagra is the funniest, but the oddest was the glow-in-the-dark ice cream because it uses jellyfish luminescence." METRO

Quoted

"It's a pretty fun machine; the range of flavours is massive and it's zero calories."

Charlie Harry Francis, 29, founder of experimental food inventors Lick Me I'm Delicious

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metro AR

In this issue, you can find AR enhancements on page 13 in News, pages 19 and 20 in Scene and page 26 in Sports

MetroTube

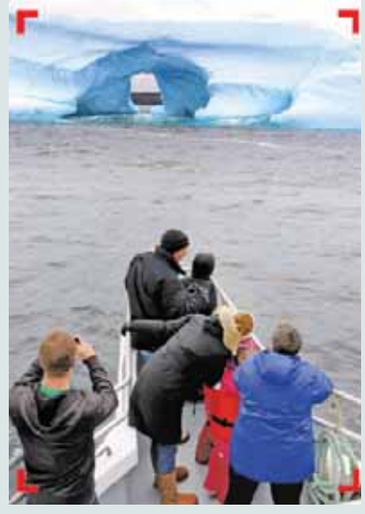
metro AR

Best of the bumper crop

ANDREW FIFIELD
andrew.fifield@metronews.ca

The coast of Newfoundland is, to use the local parlance, "maggoty" with icebergs this year. And this arched behemoth off Cape Spear is probably the most famous of this year's bumper crop.

Not content with the standard boat tourism, this light aircraft pilot decided to treat himself — and us — to a flyby of the famous berg. Then, seemingly non-content with a flyby, he decides to take things up a notch. (Via bendavis555/YouTube)



THE CANADIAN PRESS FILE

Letters

Ontario residents head to the polls in a few days and there is little talk about health care. To make it a priority, the Canadian Cancer Society is challenging leaders to take action on cancer issues, including access to take home cancer medications. Coping with a diagnosis and undergoing treatment is difficult enough, patients and families should not have to worry about how to fund their drugs. Provinces in Western Canada have provincial programs that cover the cost of eligible cancer drugs taken at home. It is time for Ontario to catch up. **Angie Woodcock, Canadian Cancer Society**

metro

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Scan this photo with your Metro News app to view The Sacrament trailer

DVD review

Alan Partridge

Director. Declan Lowney

Stars. Steve Coogan, Colm Meaney, Tim Key, Felicity Montagu

This is Steve Coogan's big-screen version of his doofus DJ character, Alan Partridge, a comedy mainstay for BBC radio and TV. Happily for Coogan and for us, the humour translates perfectly on this side of the pond.

Oblivious to his own buffoonery, Partridge is like a British version of Ron Burgundy from the Anchorman movies.

This is smart-dumb comedy, with the main story working an idea that audiences anywhere can get: the fear of change. Norfolk Digital Radio has just been bought out by a conglomerate that is bent on doing a complete makeover, with a new station name and, of course, staff downsizings.

The 50-something Partridge isn't too dense to realize he could soon be among the pink-slipped. He sneakily moves to protect his own rump by engineering the sacking of colleague Pat Farrell (Colm Meaney).

PETER HOWELL

Swanberg comes out from behind the lens

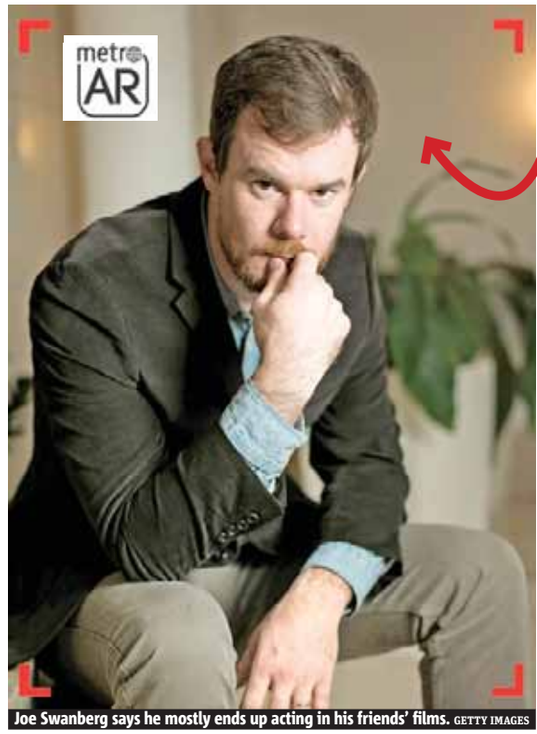
Sort of. The multi-talented actor/director plays a cameraman in Ti West's latest creepy cult thriller, The Sacrament

NED EHRBAR
Metro World News in Hollywood

Indie filmmaker Joe Swanberg has a habit of turning up as an actor in friends' films — like The Sacrament, Ti West's found-footage thriller about a Vice reporting crew getting in over their heads at a remote Jonestown-like encampment. Of course, Swanberg spends most of the film manning a camera, so it wasn't that much of a stretch.

You're playing a cameraman in this, and it's a "found footage" film. Did you actually do any of the camera work yourself?

I did, yeah. There were just certain situations that required that because the camera was going to have to spin around and just see the whole room. Ti and I basically traded off operating duties. It was an interesting challenge because I was either performing with the camera on my shoulder, or what was even weirder was performing standing behind Ti who had the camera on his shoulder and sort of pretending to be there. It took a little bit to wrap my head around it.



Joe Swanberg says he mostly ends up acting in his friends' films. GETTY IMAGES

Had you come across any cultish types of things like this before?

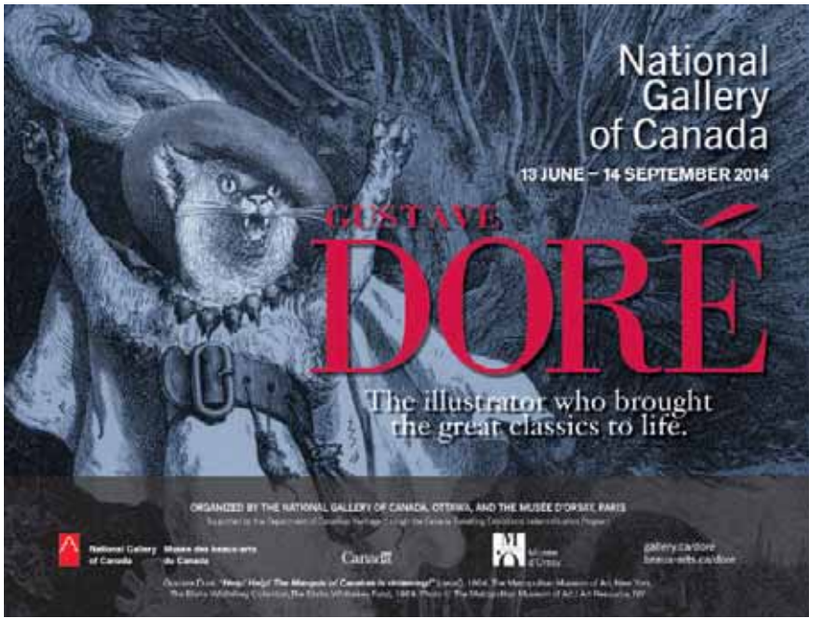
Not really, but I was fascinated with Jonestown. When Ti first called me about the movie, I had already seen a ton of documentaries about Jonestown and read a lot about Peoples Temple, so it was a story that was already really intriguing to me.

How do you balance acting and pursuing your own filmmaking goals?

I've been pretty busy as a director the last year. But I really like to act, so I hope it's something that I'll be able to keep doing. I don't know, I think of myself as a director. The acting's always been more something that I really love to do but I haven't invested a lot of my energy into it, so it always comes down to just friends calling me and offering me parts in movies.

What was Jonestown?

In the late 1970s, cult leader Jim Jones moved several hundred members of his group, the Peoples Temple, from the U.S. to Jonestown, Guyana. When relatives raised concerns about their loved ones, a U.S. delegation visited the compound. It was during this visit that Jones spiked drinks with poison, killing himself and hundreds of his followers, including children.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Scan this image with your Metro News app to view the video for Hangover

Hair of the Snoop Dogg

Too much gin and juice? Korean YouTube phenom Psy teams up with lanky rapper for wacky hangover ode

Even Psy is over Gangnam Style. The ubiquitous 2012 hit is one Psy knows he will probably never top, and that makes creating new music quite a challenge.

"People always comparing my new thing with Gangnam Style, which is unbeatable," Psy said in a recent interview at YouTube Space L.A.

"That means I have a severe, heavy pressure on my shoulder ... In that way I don't like the song."

The bizarre, colourful video featuring the now-iconic horse gallop dance recently surpassed two billion views, a record for YouTube. The South Korean pop star also holds the record for most views in a day with 38 million for his Gangnam Style followup, Gentleman.

The 36-year-old, who was famous in Korea before Gangnam, remains humble about his relatively new international fame. He admitted he is just as thrilled and surprised as his fans when he's recognized on the street.

"If I'm walking out and no one's recognized me and no one is asking me about autograph or photograph, that's a tragedy," he said. "I should quit my job with that. So sometimes it's tired, yes, of course, but that's part of my job."

Psy decided switching genres would be his best bet for another hit with his latest single, so he teamed with Snoop Dogg on the hip-hop track Hangover. He said the American rapper signed on immediately after only hearing the song's title.

The Hangover video, which debuted Sunday on ABC's Jimmy Kimmel Live! and Psy's YouTube channel, serves as a lesson in Asian hangover remedies. "This video is not about dance moves, but it's about, like, culture exchanging," Psy said.

Psy signed with Justin Bieber's manager, Scooter Braun, after Gangnam's initial success. He said he appreciates Braun's guidance and impressive drinking abilities.

"He is the most strongest tolerance with alcohol among Americans," Psy said.

"Asians drink really hard and really mixing everything and really drinking hard every day. So literally I was kind of like unbeatable person with the alcohol before I meet Scooter."

Psy will return to his EDM roots on a new EP, due later this year. But this time he plans to include more English lyrics.

"All the people you know, except Korea, they don't have any idea what I'm saying right? They're just waiting for 'Hey, sexy lady,'" he said of an English lyric from Gangnam Style."I figured out like maybe from now on I should communicate more."

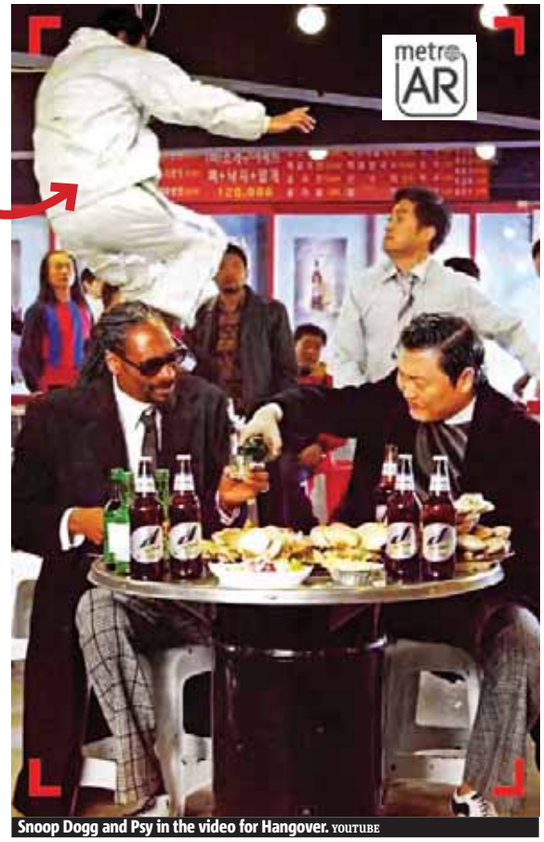
But for now he'll continue rapping in his native Korean based on his new manager's advice: "He saying, 'If you are rapping in English, we already have so many rappers who's way better than you. But if you rap in Korean, you're No. 1 in this country,' which is really smart."

THE ASSOCIATED PRESS

Boozin' culture

"Asians drink really hard and really mixing everything and really drinking hard every day. So literally I was kind of like unbeatable person with the alcohol before I meet Scooter."

Psy, Korean recording artist



Snoop Dogg and Psy in the video for Hangover. YOUTUBE

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Rachel McAdams

Don't worry, Gyllenhaalics, Rachel McAdams didn't steal your boyfriend

Jake Gyllenhaal and Rachel McAdams turned heads in Pittsburgh recently while out to dinner at local eatery Meat and Potatoes, according to E! News. The date immediately prompted tabloid speculation that a new Hollywood romance is in the works, but apparently everyone's getting ahead of themselves. It turns out McAdams and Gyllenhaal, who are in Pittsburgh to film their new movie, Southpaw, are just good friends and colleagues. For now, at least. METRO WORLD NEWS

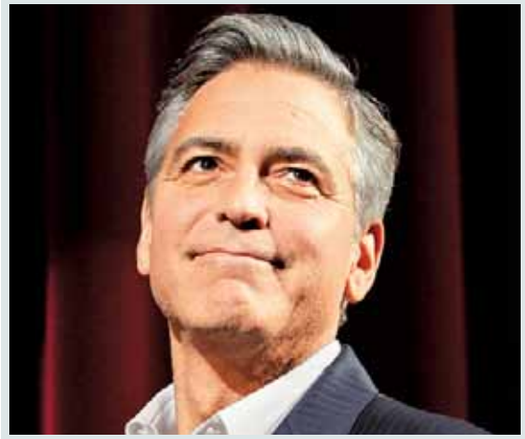
Bryan Singer may get the boot from the next X-Men film over assault scandal

Bryan Singer's legal troubles didn't seem to have any negative impact on the box office for X-Men: Days of Future Past, but that doesn't mean he's in the clear just yet as far as professional fallout goes. All the attention surrounding Singer — who is being sued for allegedly sexually assaulting a then-17-year-old boy in 1999 — could still cost him the directing job for the franchise's next film, X-Men: Age of Apocalypse, according to Radar Online. "Fox isn't confident in it not heavily impacting production. Bryan's lawyers are going nuts because the deal was closed months ago," a source says, adding that

Bryan Singer

the studio brass "don't really care whether he's innocent or guilty. They're only concerned with the bottom line, which is giving him another $250 million to $350 million US to make Apocalypse." METRO WORLD NEWS

The Word



George to wed in Venice, but exact plans still Up in the Air

MELINDA TAUB
Metro World News

If you want to crash the wedding of George Clooney and his fiancée, Amal Alamuddin (which of course you do), you might have to hijack a gondola to do it. The two are reportedly planning to wed in Venice.

The lovebirds were recently spotted in Venice touring potential wedding venues big enough to hold all of Ocean's 11. "George and Amal want to be married in Italy, but they need a location that offers them and their guests privacy," a source told Page Six.

As Clooney fans know, the star is already an Italian resident — he lives on Lake Como. However, he and Amal apparently decided his estate wasn't secure enough to withstand the media circus that will follow the wedding of the world's second most eligible bachelor (Prince Harry's probably No. 1 at this point).

Italy is becoming quite the hot spot for celebrity weddings — Kim Kardashian and Kanye West tied the knot in Forte di Belvedere in Florence last month, and as we all know, as Kim Kardashian goes, so goes George Clooney. He's really got to stop copying her so much.

Usher ALL PHOTOS GETTY IMAGES

Bieber was a 'naive child,' but he's no racist: Usher

Usher insists that Justin Bieber is not a racist, despite the multiple videos that have surfaced of a teenage Bieber making racist remarks and jokes. "At my core, I am a person that supports growth and understands without judgment that growth often comes as a result of pain and (continuous) effort," Usher wrote in a lengthy comment beside an Instagram pic of himself and protégé Bieber. "As I have watched Justin Bieber navigate difficult waters as a young man, I can tell you that he hasn't always chosen the path of his greatest potential, but he is unequivocally not a racist. What he was five years ago was a naive child who did not understand the negative power and degradation that comes from playing with racial slurs. What he is now is a young man faced with an opportunity to become his best self, an example to the million of kids that follow him to not make the same mistakes." METRO WORLD NEWS

Alleged burglar caught at Sandra Bullock's place while she was home

Police say they arrested a burglar at the Los Angeles home of Sandra Bullock while the actress was there, but she wasn't harmed.

Los Angeles police spokeswoman Nuria Vanegas says officers responded to the call of a prowler around 6:30 a.m. Sunday and arrested 39-year-old Joshua Corbett on suspicion of residential burglary.

Bullock's publicist Cheryl Maisel acknowledged the burglary to People magazine and said Bullock is "unharmed and fine."

Sandra Bullock

It wasn't clear whether Corbett has hired an attorney. THE ASSOCIATED PRESS

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LIFE 3

Putting her mettle to the pedals

Worthy cause. Danielle Berman uses her bike to ride away stigma about mental illness

AUSTEN GILLILAND
life@metronews.ca

Danielle Berman is about to set off on the ride of a lifetime.

As the organizer of Ride Away Stigma, Berman's bicycle journey will take her from Vancouver to Hamilton — almost 4,300 kilometres — in seven weeks. In that time, she will raise both money and awareness for mental health and suicide prevention, and help break down the stigma that surrounds mental illness.

She's been preparing for a year, organizing sponsorships and donations, speaking to students about mental health — all while bicycling 85 to 140 kilometres a day, six days a week. "It's basically a full-time job," says Berman, 27, who recently completed her master's degree in social work and is pursuing a career in psychotherapy.

Ride Away Stigma was inspired by her own struggles with depression and by her dad, Dr. Les Berman, a Hamilton-area respirologist who died by suicide in 1999.

Berman was a well-respected doctor and an enthusiastic cyclist. He passed his love of the sport along to his daughter. "He loved travelling and adventures," says Berman, who will ride her father's refurbished Cannondale bike as she sets off from Vancouver on July 15. "I thought the ride would be the perfect way to honour him."

Although he was never formally diagnosed with depression, Berman thinks his death was caused in part by the way that depression is stigmatized by society — and that it's likely her father felt he couldn't seek treatment without negative social and professional consequences. "It's important that we break down the stigma," she says, "so when people are struggling, they feel comfortable seeking help. That's why I wanted to focus on the stigma. I believe that's a huge part of why my dad didn't seek help."

Berman has planned her trip with the goal of maximizing exposure for her cause. "Because I will be on the road for so long," she says, "I'll be able to build momentum and reach as many people as I can." She has invited cyclists across the country to join her as she rides through their city this summer.

By the time she arrives in Hamilton on Sept. 7, Berman hopes to have raised $60,000. Two-thirds of the proceeds will benefit the Suicide Prevention Community Council of Hamilton and St. Joseph's Healthcare Hamilton, organizations the Ancaster, Ont. woman chose because of the local connection.

"I also thought it was important to do something that can positively affect all of Canada," she says, so the final third of the funds will go to the Canadian Association for Suicide Prevention, chosen to reflect the cross-country nature of her trip — and because mental health is something that concerns all Canadians.

"At the end of the day, this ride isn't about me," she says, emphasizing that defeating the stigma that surrounds mental health issues will take more than just one woman on a bicycle. "We need to do this together to make a difference. It's all of us together."

Danielle Berman poses with her father's old bike. She will be starting and ending the ride on the bike. DAVE HEIDEBRECHT

Danielle as a child with her father, Dr. Les Berman, a well-respected doctor and enthusiastic cyclist, who committed suicide. CONTRIBUTED

Get involved

For more information about the ride, or to donate, visit rideawaystigma.com.

Quoted

"We need to do this together to make a difference. It's all of us together."

Danielle Berman, organizer of Ride Away Stigma

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Weird science

Expose your baby to cockroach droppings!

Exposing newborns to dust, animal dander and germs may seem abhorrent, but a new study says it can reduce risk of developing allergies and asthma later in life.

Researchers from Johns Hopkins University tracked the health of 467 inner-city newborns from Baltimore, Boston, New York and St. Louis over a three-year period.

They also measured the pollution levels in the subjects' homes.

By three years old, children who had been exposed to mouse and cat dander as well as cockroach droppings within their first year of life wheezed significantly less than those who hadn't.

It took exposure to all three allergens — cat, mouse and cockroach — to shape the children's immune responses and this had to happen within the first year to benefit from the protective effect.

In the case for good bacteria, infants living in bacteria-rich homes were less likely to develop environmental allergies later on. AFP

A Johns Hopkins study found that exposing newborns to bacteria and allergens could lower their asthma risk. ISTOCK

Canada can learn more than soccer from Brazil

'Recipe for health.'
The country tackles growing waistlines with a new proposed food guide that goes beyond nutrients

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Soccer fans flocking to Brazil for the 2014 FIFA World Cup (June 12 to July 13) may find very roomy seats, depending on the stadium they are in. Partly because of the country's obesity problem, at least one per cent of the seats in Brazil's newly built World Cup venues will be extra-wide — about double the size of regular seats.

According to a 2013 report by research firm GlobalData, by 2022 an estimated 64 million people in Brazil, whose economy has grown rapidly in recent years, will be overweight. And 26 million — more than one eighth of the population — will be obese. Those numbers are really scary.

Here's the good news, and it's something Canadian policymakers may want to consider: Brazil's ministry of health has proposed a new food guide that focuses not on nutrients, but on meals and foods. It's "a recipe for health," says Dr. Yoni Freedhoff, medical director of the Bariatric Medical Institute in Ottawa, and author of The Diet Fix. He adds that many of the world's dietary guidelines, including Canada's, "are stuck in a nutrient-focused approach where the goal is to ensure people meet their nutrient quotient. But people don't shop for nutrients; they shop for foods." He also notes that a nutrient focus confuses consumers into thinking a highly processed food that has been enriched with a nutrient is a healthful choice.

Jean-Claude Moubarac, a post-doctoral research fellow at both the University of São Paulo in Brazil and the University of Montreal, worked on the guide, which is undergoing public consultation. "It was important to have a guide that was updated and addressed the most recent view of nutrition." That view also includes a focus on the role of food processing and the context of eating.

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Tips from the food guide

1. Prepare meals from staple and fresh foods.
2. Use oils, fats, sugar and salt in moderation.
3. Limit consumption of ready-to-consume food and drink products.
4. Eat regular meals, paying attention, and eat in appropriate environments.
5. Eat with others whenever possible.
6. Buy from places offering a variety of fresh foods.

Come to Brazil for the World Cup, stay for the nutrition tips. ISTOCK

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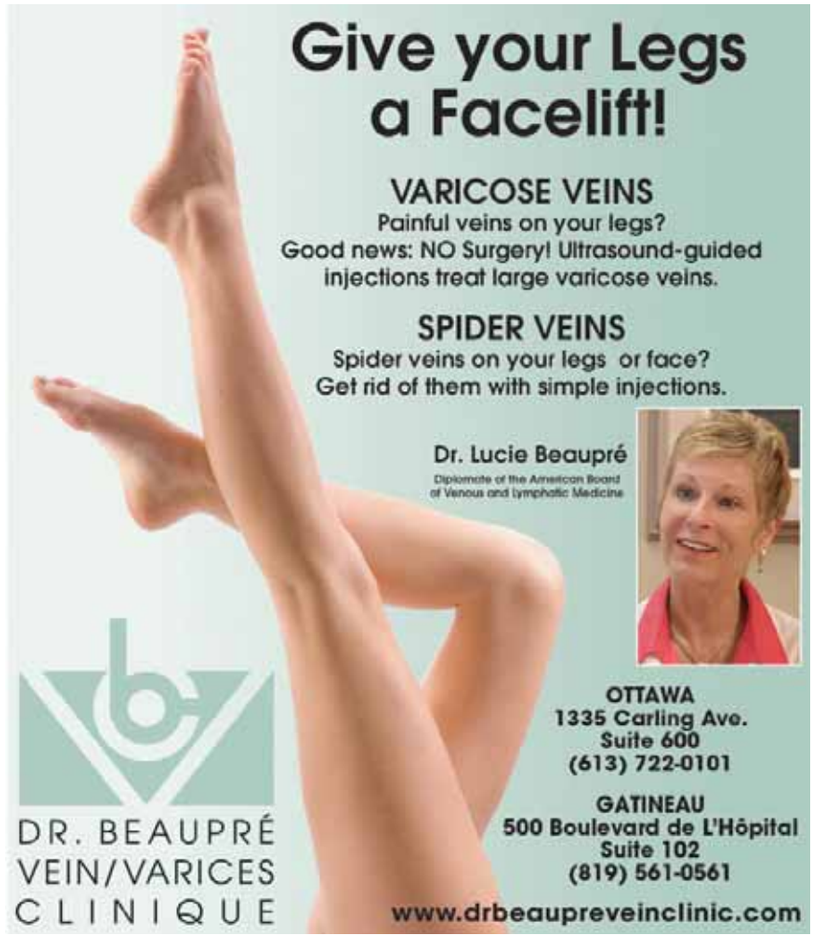

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The higher up the fishy food chain you go, the more impact you have on our oceans' fish stocks. One large tuna or swordfish had to eat thousands of smaller fishes over its lifetime, and even more were used as bait to catch it. To boot, the longer that large fish has lived, the more mercury, PCB, lead and other pollutants it has accumulated. (You then get to carry those pollutants around in your body, to your detriment.)

All this means is that the healthiest fish for us (and for the planet) are the smaller fish.

Some of these small fish include delicious species like herring and sardines. Both weigh in with as much, if not more, omega-3 as salmon and are cheap and plentiful.

The bonus of eating these fish is that it helps to create a more sustainable fishing industry and healthier oceans. Aren't you the chicest dinner party/brunch thrower?!

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THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIEND-INFOOD.COM

Barbecued Small Fish. Quick and easy to prepare, tiny fish with capers and lemon bake up delicate and sweet

This recipe uses smelts, herring or sardines. You may need to go to a fish market to find them, but it's worth the effort as their sweet, delicate meat cooks in mere minutes.

Purchase cleaned fish. Eating them is easy: Slide your fork over one side to pull off the flesh and expose the skeleton, which can be lifted away whole.

Ingredients

- 1 to 1 1/2 lb small fish
- 1 lemon, sliced
- 2 tbsp capers
- 1/4 cup fresh dill (or 1 tbsp dried)
- 4-6 dashes hot sauce

This recipe makes four servings. THERESA ALBERT

Directions

1. Place fish into a glass casserole dish or lasagna pan.
2. Slice lemons very thinly and lay on top of fish.
3. Sprinkle capers and dill over fish and splash with hot sauce.
4. Bake in 425F oven or on barbecue for 6-8 minutes.
5. Season at the table with sea salt and pepper.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Smoky grilled zucchini puts a spin on chèvre

Grilled Zucchini Rolls. Perfect for the barbecue, grilled zucchini slices are filled with goat cheese, flavourful sun-dried tomatoes, and thyme

Grilled zucchini rolls. NEWS CANADA

Ingredients

- 3 medium zucchinis, sliced 1/4 inch thick, lengthwise
- 1 tbsp olive oil
- 4 oz chèvre (soft goat cheese), at room temperature
- Pinch freshly ground black pepper
- Pinch kosher salt
- 2 tbsp sun-dried tomatoes, oil-packed, minced
- 1 tsp oil, from the sun-dried tomatoes
- 1 tsp fresh thyme, minced
- 2 tbsp Parmesan cheese, freshly grated

Directions

1. Preheat barbecue on medium.
2. Brush both sides of sliced zucchini with olive oil and sprinkle with salt. Place on the barbecue and grill for 4 minutes per side.
3. When cooked, set on a wire rack to cool.
4. In a small bowl, combine the chèvre, pepper, salt, sun-dried tomatoes, oil and thyme.
5. Using a small spatula, spread the cheese mixture thinly over one side of the zucchini. Lightly roll the zucchini, and place seam side down on a small parchment-lined baking sheet. Sprinkle with Parmesan cheese. Place baking sheet on top rack of barbecue for 15 minutes.
6. Remove to a platter and serve.

NEWS CANADA/BROILKINGBBQ.COM

CONTRIBUTED PHOTOS

NutriChem will get you sleeping well

Testing determines root cause of the problem

It is no secret that optimal health is only attainable if a person gets adequate sleep. Unfortunately, for some individuals, a good night's sleep is but a distant dream and this is especially true for insomnia sufferers.

According to the Canadian Sleep Society, 30 per cent of the adult population reports insomnia symptoms and for 10 per cent of Canadians, it's a persistent problem that impairs daytime functioning. Insomnia is the inability to fall asleep or stay asleep.

Lack of sleep can have detrimental consequences on health, including lack of concentration, general fatigue, depression, frequent illness and hormone imbalance. It is therefore extremely important that people find a solution for their sleep deprivation. Insomnia sufferers usually end up visiting their family doctor who will most likely give them a prescription for a sleeping pill or anti-depressant. Unfortunately, both of these can have serious side effects.

The only solution should be one that addresses the root cause of the problem. This is why NutriChem conducts an array of tests including vitamin, mineral, hormone and neurotransmitter status to find the root cause of a person's sleep problem.

For instance, a very common cause of insomnia is low serotonin levels. Serotonin is best known as the "happy brain chemical" but what most people don't know is that it is required for deep sleep. The body converts serotonin into melatonin, the sleep hormone that permits a person to fall asleep and stay asleep.

For perimenopausal women, progesterone is usually the culprit for waking up multiple times per night. This problem can be fixed by taking bio-identical progesterone. Not all doctors are familiar with bio-identical hormones, which is why NutriChem practitioners help doctors develop the right prescription for a patient based on their test results.

NutriChem practitioners warn their patients not to underestimate the effects of stress on sleep. Chronic stress increases the levels of a hormone called cortisol, which in turn leads to anxiety and insomnia. Cortisol levels are measured through blood or saliva, and can be effectively lowered with proper supplements.

Don't let sleep deprivation affect your dreams ... find the root cause and fix the problem.

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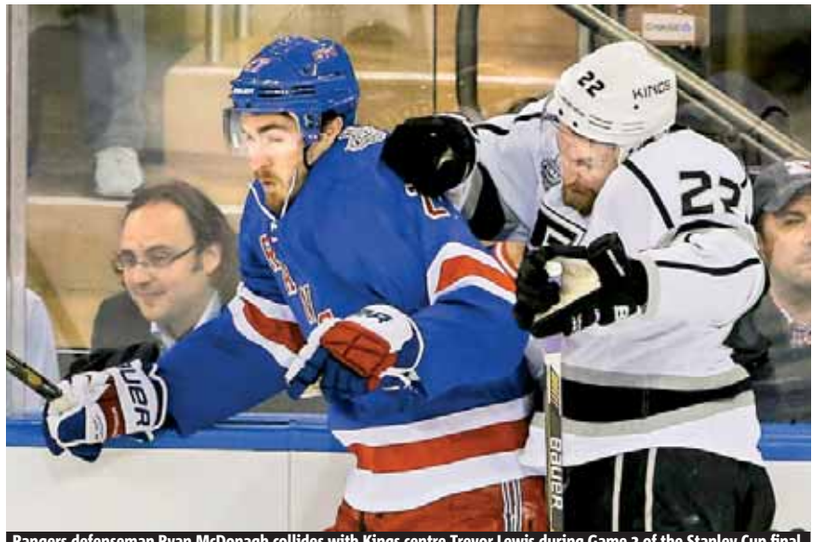
Fatigue gets in the game at cup final

NHL playoffs. Kings, Rangers conserving energy after first two games go to overtime



Rangers defenseman Ryan McDonagh collides with Kings centre Trevor Lewis during Game 3 of the Stanley Cup final on Monday in New York. Go to metronews.ca to see who came out on top. FRANK FRANKLIN II/THE ASSOCIATED PRESS

The New York Rangers had just suffered a difficult loss to the Kings in Game 2 of the Stanley Cup final, but coach Alain Vigneault didn't use the long plane ride home from Los Angeles to drill his players on how to get back into the series.

Vigneault wanted the Rangers to rest and re-energize, and after a tiring start to the series the Kings had the same idea.

"You should've seen the plane ride over here," Kings winger Justin Williams said. "It was all lights out and guys were sleeping."

Kings coach Darryl Sutter voiced some concern about fatigue earlier in the series, but the true test is how these teams will react moving forward after two overtime games and then possible cross-country flights Sunday. Neither team practised on the day before Game 3 because rest is now at a premium.

"I think the longer series go, the longer the playoffs go, (it's about) courage, determination, extra effort," Sutter said. "You're never going to feel fresh. You're never going to feel as good as you did in November. That's the way it works. That's for sure. They're people."

Williams doesn't consider fatigue a problem. For now.

"We'll be fine," he said. "It's the cup finals, there's no excuse for not being ready or not being prepared or being tired. You can get yourself ready."

That's easier said than done after it took until midway through the second overtime before Dustin Brown finished off Game 2 to give Los Angeles a 2-0 lead in the series.

Despite Williams scoring 4:36 into overtime in Game 1, there's a build-up of extra hockey going on for the Kings. That was their third overtime game in a row.

"It's pretty tough," Kings winger Marian Gaborik said. "To play this many periods the last three games, it's a lot of hockey. But everyone will find the energy."

The Rangers had a handful of days off after beating the Montreal Canadiens in the Eastern Conference final, but that doesn't mean players could immediately re-adjust to the time change by the time they took the ice at Madison Square Garden on Monday morning.

Trying to explain the mood around the team, forward Brian Boyle noted that it's still early in the morning. But he wasn't worried about being tired.

"You just try and get your rest and plenty of fluids," Boyle said. "It's the same for probably everybody. It's an even playing field. So you just do your best."

THE CANADIAN PRESS

Quoted

"Physically we can all do it. It's about how you recharge mentally. You have to make sure you're in the right place." **Rangers goalie Henrik Lundqvist** on the fatigue factor

Tennis

Bouchard climbs four spots to No. 12 in world rankings

Canada's Eugenie Bouchard has moved up four spots in the WTA tennis rankings following her semifinal appearance at the French Open. The player from Westmount, Que., is ranked a career-high 12th, up from No. 16.

Russia's Maria Sharapova moved up three spots to No. 5 after winning the women's title in Paris on the weekend.

On the men's side, Milos Raonic of Thornhill, Ont., remained in the ninth spot.

THE ASSOCIATED PRESS

World Cup

Tweeters decide Man of the Match

FIFA will let fans decide the official Man of the Match for World Cup games via a vote on Twitter.

Football's governing body and official World Cup sponsor Budweiser are hoping that taking the vote to social media will increase the number of fans who vote during each game. In 2010, the vote was only accessible on the FIFA website.

At this year's tournament, the voting will open on Twitter at the start of the second half of each game, with fans able to click on a picture of their chosen player and register their vote via the #ManoftheMatch.

THE ASSOCIATED PRESS

Dwyane Wade of the Miami Heat drives to the basket against Manu Ginobili of the San Antonio Spurs during Game 2 of the NBA Finals on Sunday. Scan the image with your Metro News app to see how some of the Finals' top performers have performed through Games 1 and 2. ANDY LYONS/GETTY IMAGES

Heat see themselves in Spurs

Dwyane Wade thinks there's no one better than the Miami Heat at dealing with the mental challenge of the playoffs. In his eyes, only one other team might compare. He's talking about the San Antonio Spurs.

That's why Wade believes these NBA Finals are just getting started.

When he looks at the Spurs, he sees qualities his own team has, including an ability to break down a loss and quickly correct things. It's what Miami did before Game 2 of the finals and it's what Wade expects the Spurs to do before the title series resumes with Game 3 in Miami on Tuesday night.

Record-breaking squad

11

Miami has won a franchise-record 11 straight post-season games at home.

"You never put them away," Wade said. "I think they always believe and it's the same with us. You can't, you won't, put us away because we're always going to believe. That's why this is a perfect, different animal, kind of series. They're the other team like us. They don't lose much and when they do they come back and are better in the next game."

That would explain why on Monday, instead of a day off, the Heat gathered to watch video of Game 2.

By winning in San Antonio to even the finals at 1-1, home-court advantage now belongs to the Heat. But no one in their locker-room thinks it's going to get easy now.

"They played a great game," Spurs guard Tony Parker said after Miami's 98-96 win in Game 2, the 13th straight time the Heat immediately followed a post-season loss with a victory. "Now it's our turn to go over there and get one. "

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Horoscopes

♈ Aries
March 21 - April 20
Your confidence is high but today's lunar eclipse of Saturn warns it may be only skin deep. Some kind of setback could easily send you into a tailspin, so strive to keep a sense of perspective.

♉ Taurus
April 21 - May 21
The planets warn you will have to fight hard to get your way today. Alternatively, of course, you could decide the effort isn't worth it and not fight at all. Let fate take its course.

♊ Gemini
May 22 - June 21
The more work you were hoping to do today the more the cosmos will conspire to hold you back. Now that you know that, you can stop flogging yourself half to death and take a breather.

♋ Cancer
June 22 - July 23
Keep your distance from people who seem so negative about life. It's all good at the moment, for you at least, so be optimistic and believe, with all your heart, that great things are coming your way.

♌ Leo
July 24 - Aug. 23
It would be nice if everyone was as enthusiastic about life as you are but it isn't going to happen. All you can do is smile and be a wonderful example.

♍ Virgo
Aug. 24 - Sept. 23
You may feel you are to blame for other people's problems but there is no logical reason why that should be so. The more they try to hold you responsible, the more likely it is to be their fault!

♎ Libra
Sept. 24 - Oct. 23
A positive attitude is essential because if you let even one negative thought creep into your mind it's likely to get stuck there. Life is getting better — believe it, it's true.

♏ Scorpio
Oct. 24 - Nov. 22
There is no point worrying about things over which you have no control. Let go of your fears and doubts and start thinking of life as a great and exciting adventure.

♐ Sagittarius
Nov. 23 - Dec. 21
Something will occur over the next 48 hours that reminds you just how much there still is to learn. You may yearn for perfection but it's never going to happen, so learn to be happy with who you are.

♑ Capricorn
Dec. 22 - Jan. 20
You may find it hard to feel sorry for someone who has clearly brought difficulties on themselves but if they approach you for help today you won't turn them away.

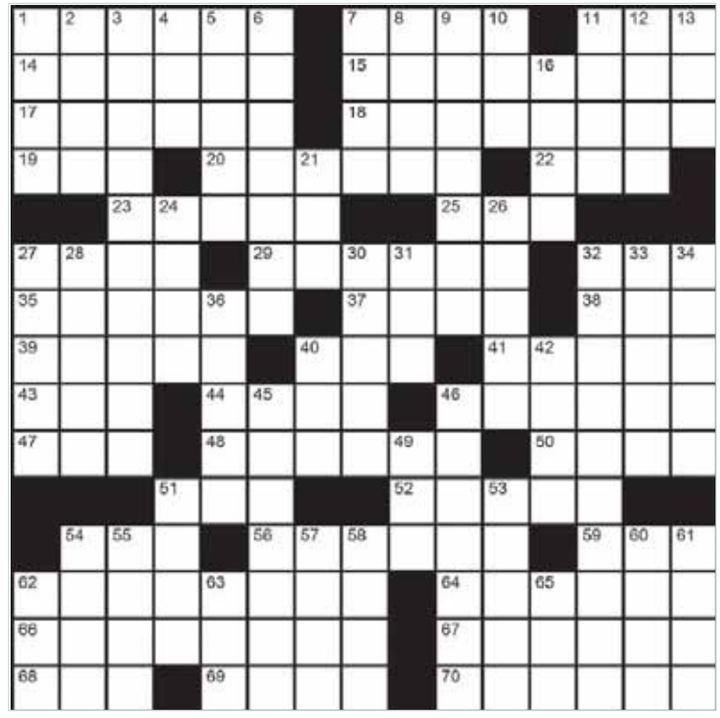
♒ Aquarius
Jan. 21 - Feb. 19
You may be tempted to get involved in an issue that is not your concern but if you are smart you will give it a miss. It will work itself out without your input.

♓ Pisces
Feb. 20 - March 20
You may want to come and go as you please but Saturn, planet of limitation, won't let you. There is something you need to do before you make your getaway. What might it be? Give it some thought — then act. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



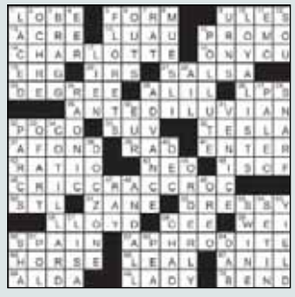
Across

1. 'Tenth Muse', to Plato
7. Prefix to 'cross' (Off-road sport for bikers)
11. School org.
14. Wobbly
15. For example... Evangeline: A Tale of Acadie: 2 wds.
17. Tiger, for one: 2 wds.
18. Hogwarts School of Witchcraft and __
19. Film studio, DreamWorks ___
20. ABBA's "__-Vous"
22. Belief system
23. Rolling Stones live album: 'Get Yer __-__ Out!'
25. Gird
27. Cummerbund
29. Watchman
32. CFL game div.
35. Most kind
37. Ms. Turturro of "The Sopranos"
38. OPEC member country
39. Bakery attraction
40. Caesar's 610
41. Rocker Mr. Redding's
43. Preacher, e.g.
44. Provo's place
46. Element
47. Earlier, olde-style
48. Useful accounting info: 2 wds.
50. Massachusetts' motto starter
51. Blokes
52. Reels
54. Car company
56. "Beauty and the Beast" (1991) character
59. Up to __
62. 'Ghosts' is this band's brand new album: 2 wds.
64. Conceptualize
66. Ian __, Toronto-born lead singer of #62-Across who is married to #9-Down
67. 1997 Green Day album
68. London's li'l locale
69. Achy
70. Assigned a job

Down

1. Stand-ins
2. Name for Canada's series of satellites
3. East Coast: Picturesque postcard place: 2 wds.
4. Piping stuff, commonly
5. Leaden
6. Where to put jam in the morning: 2 wds.
7. Weak whine
8. Mayberry kid of '60s TV
9. Christine __ (Host of CBC's "Best Recipes Ever")
10. Wood sorrel
11. Pea 'packages'
12. Condition
13. Ms. Adams
16. Refined
21. Employ
24. "Cough..."
26. Mr. Gosling's
27. Drum kit part
28. Broadcaster
30. Night: German
31. Concert items, commonly
32. Government of Ontario hub in Toronto: 2 wds.
33. Powders
34. Remainder: French
36. Lightly fry
40. Jadzia __, "Star Trek: Deep Space Nine" role
42. Welcoming
45. Hybrid citrus fruit
46. Put a person in a position
49. 'Violin' suffix
51. Bryn __ (Pennsylvania college)
53. Mumbai's country
54. The Greg __ Band
55. Elvis' "__ Stung"
57. Tennis serving whiz
58. Dog breed, __ Terrier
60. Stick _ __ in the water
61. Mr. Foxx
62. "Let It Ride" gr.
63. Hosp. professionals
65. Dorothy's Auntie's namesakes

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	2					7		3
7			6			4		
		8	9					
				3				5
9		1	4		7	8		2
6				5				
					2	5		
		2			1			8
8		4					2	7

Yesterday's Sudoku

9	1	2	7	6	5	3	8	4
6	3	5	8	1	4	2	7	9
7	4	8	2	3	9	1	5	6
1	8	4	3	7	2	6	9	5
5	2	7	4	9	6	8	1	3
3	6	9	5	8	1	7	4	2
8	9	3	6	4	7	5	2	1
2	7	1	9	5	3	4	6	8
4	5	6	1	2	8	9	3	7

Today
25°/13°
Partly cloudy

Wednesday
23°/18°
Rain
80%

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$14,820
31,483 km • Auto
Stk: # 35815

$61 weekly

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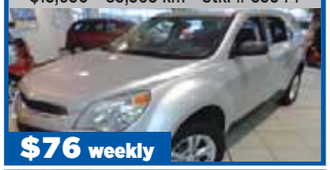
2012 Lexus RX 350

Rear Cam • V6 Cyl
$39,880
47,165 km • Auto
Stk: # 34863 USA

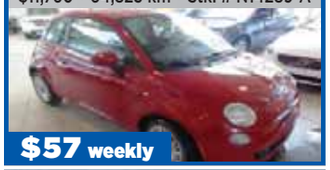
$165 weekly

2011 Chevy Equinox LS
$15,630 • 83,565 km • Stk: # 35544



$76 weekly

2012 Fiat 500 Pop
$11,760 • 64,825 km • Stk: # N14289-A

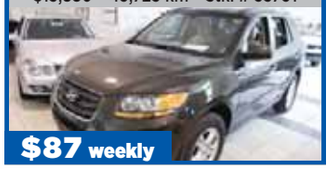


$57 weekly

2012 Honda Accord EX
$18,940 • 59,686 km • Stk: # 35564

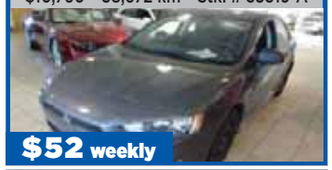
$92 weekly

2011 Hyundai Santa Fe GL
$15,880 • 49,725 km • Stk: # 35791



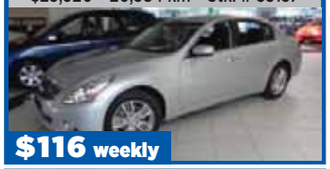
$87 weekly

2011 Mitsubishi Lancer DE
$10,760 • 58,672 km • Stk: # 35319-A



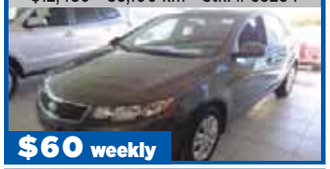
$52 weekly

2011 Infiniti G25
$23,920 • 20,384 km • Stk: # 35137



$116 weekly

2012 Kia Forte LX
$12,480 • 53,100 km • Stk: # 35234

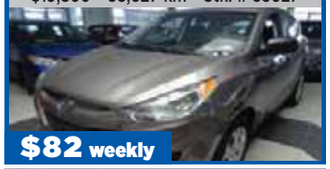


$60 weekly

2010 Kia Soul 2U
$10,750 • 94,333 km • Stk: # 35166-A

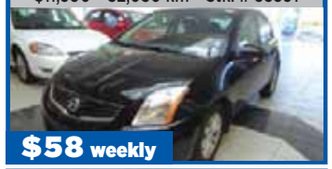
$52 weekly

2013 Hyundai Tucson GL
$19,860 • 35,627 km • Stk: # 35627



$82 weekly

2012 Nissan Sentra XTRONIC CVT
$11,990 • 52,050 km • Stk: # 35391

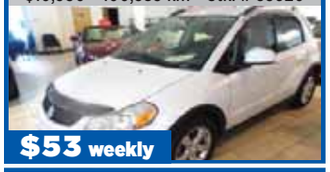


$58 weekly

2009 Sea-Doo Jet Drive
$10,950 • DRIVE3PLACES • Stk: # 34161

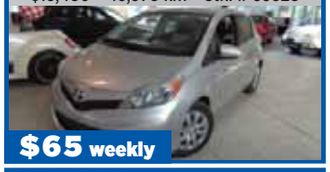
$65 weekly

2010 Suzuki SX4
$10,950 • 100,385 km • Stk: # 35620



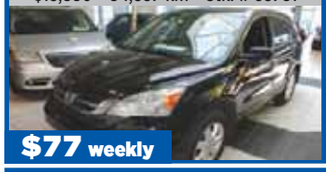
$53 weekly

2012 Toyota Yaris LE
$13,480 • 43,978 km • Stk: # 35328



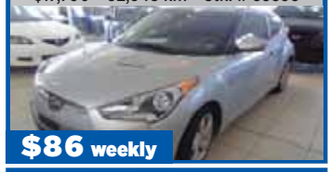
$65 weekly

2010 Honda CR-V LX
$15,880 • 84,557 km • Stk: # 35781



$77 weekly

2012 Hyundai Veloster
$17,790 • 32,348 km • Stk: # 35593

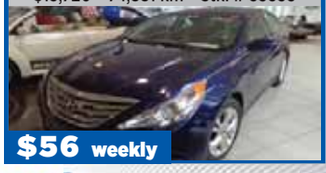


$86 weekly

2010 Chevrolet Cobalt LS
$7,820 • 37,871 km • Stk: # 35792

$38 weekly

2011 Hyundai Sonata
$13,720 • 74,881 km • Stk: # 35355



$56 weekly

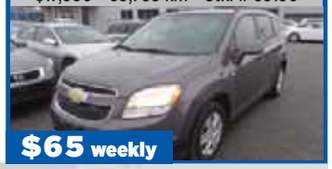
2012 Toyota Prius V HYBRID
$23,860 • 47,759 km • Stk: # 35708

$99 weekly

2012 Chevrolet Malibu LS
$12,830 • 68,729 km • Stk: # 35196

$53 weekly

2013 Chevrolet Orlando LT
$17,950 • 39,758 km • Stk: # 35196



$65 weekly

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